

WRESTLING NOVA SCOTIA

EXPRESSION OF INTEREST HIGH PERFORMANCE TRAINING CAMP

Athletes, if you have a minimum of 3 years wrestling experience and are looking for a highly technical, physically and mentally demanding training camp, we would like to hear from you.

WNS will be hosting a high performance, 3-day training camp this fall in the Cape Breton Highlands.

(Date to be announced)

Specific techniques that will be covered include:

- Head inside single: dump, football tackle, peak out, chase the ankle, cut back, swim through, McIlravy, power pull.
- Head outside single: dump, step across, rotate double. High crotch and double leg: how above technique can be utilized for these takedowns.
- Set ups and basic finishes for Ankle pick, low Smith single, etc.
- Defence for head inside single, head outside single, and double leg.
- Front head and arm: go behinds and direct pins.
- Scrambles to pins, etc.

Attendance at this camp is limited, depending on the interest and numbers, but hopefully we can accommodate all those who would like to participate. For more information, please inquire with your personal club coach or email : coach Tommy Chubbs at chubbst@gnspe.ca and cc WNS secretary Sharon Charlton at shadugcam@eastlink.ca.

Once we have an idea of who is interested in attending we will be in contact.

